What is your Vibration Therapy I.Q.?

**Vibration Therapy Benefits**
- Increase blood & lymph circulation
- Reduce pain & inflammation
- Promote the immune response
- Help joint strength & flexibility
- Increase healing of fractures, strains, & sprains
- Decrease stress & increase energy levels
- Aid in detoxification & removal of wastes from the body

Studies indicate vibration therapy may be useful in muscle rehabilitation after acute injury.

Source: www.vibeforhealth.com

5 minutes of low level vibration therapy was as effective at reducing muscle soreness after strenuous exercise as a 15 minute massage in a recent clinical study.


Studies show osteoporosis patients have experienced significant improvements in bone mineral density and reductions in back pain as a result of vibration therapy.


In a study comparing the effect of vibration therapy and massage in prevention of Delayed Onset Muscle Soreness, vibration was superior for clinical early reduction of pain.


**Gate Control Theory of Pain**

The Gate control theory of pain was first proposed in 1965 and ultimately revolutionized pain research. “Gate control” is the term used to describe pain relief by confusing your body’s own nerves and distracting away from the pain. Nerve sensations of vibration “shut the gate” on the small, fast sharp pain sensations.


“In a study of patients suffering acute or chronic musculoskeletal pain of different origin, 69% reported a reduction of pain during vibratory stimulation at or around the surrounding area of pain. The maximal duration of pain relief was found when stimulation lasted 25-45 minutes.”


VIBRATION THERAPY on the KNEE has been shown to: decrease pain, improve range of motion + enhance quality of life in patients with osteoarthritis of the knee when used as part of a comprehensive recovery program.


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